



## Grilled Buffalo Chicken Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 oz cheese blue crumbled
- ☐ 0.3 cup cream sour
- ☐ 0.3 teaspoon celery seed
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 4 chicken breast boneless skinless
- ☐ 4 tablespoons sauce of the chicken from the turbo broiler
- ☐ 4 portugese rolls split

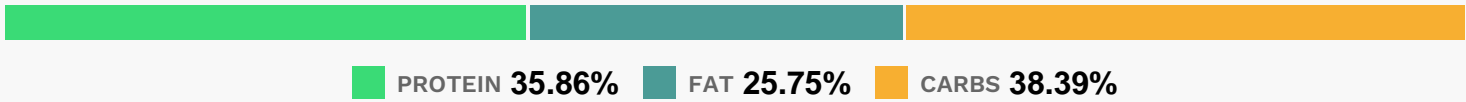
### Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix blue cheese, sour cream, celery seed and Worcestershire sauce; set aside.
- ☐ To flatten each chicken breast, place boned side up between 2 pieces of plastic wrap or waxed paper. Working from center, pound chicken with flat side of meat mallet or rolling pin until flattened slightly.
- ☐ When grill is heated, brush each chicken breast with 1 tablespoon wing sauce.
- ☐ Place chicken on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 10 to 12 minutes, turning once, until thermometer inserted in center of chicken reads 170°F.
- ☐ During last 2 minutes of cooking, place kaiser rolls, cut side down, on grill; cook 1 to 2 minutes or until golden brown.
- ☐ Place grilled chicken on bottom halves of rolls. Top with blue cheese mixture. Cover with top halves of rolls. If desired, serve with additional Buffalo wing sauce.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:23.01, Inflammation Score:-3, Nutrition Score:14.668695504251%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg

## Nutrients (% of daily need)

Calories: 356.32kcal (17.82%), Fat: 9.98g (15.36%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 32.39g (11.78%), Sugar: 4.89g (5.44%), Cholesterol: 86.12mg (28.71%), Sodium: 974.54mg (42.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Iron: 11.18mg (62.09%), Vitamin B3: 11.88mg (59.39%), Selenium: 37.74µg (53.91%), Vitamin B6: 0.87mg (43.26%), Phosphorus: 276.56mg (27.66%), Vitamin B5: 1.78mg (17.81%), Potassium: 458.96mg (13.11%), Vitamin B2: 0.17mg (9.71%), Magnesium: 33.05mg (8.26%), Calcium: 66.59mg (6.66%), Zinc: 0.9mg (6%), Vitamin B12: 0.34µg (5.71%), Vitamin B1: 0.08mg (5.2%), Fiber: 1.08g (4.32%), Vitamin A: 177.89IU (3.56%), Folate: 7.98µg (1.99%), Vitamin E: 0.29mg (1.92%), Copper: 0.04mg (1.92%), Vitamin C: 1.56mg (1.89%), Manganese: 0.03mg (1.43%)